

# The Resilient Library Newsletter

November 15, 2020

Volume 2, Issue 3

## PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites

Press Ctrl+click on images and underlined text to be directed to those websites

## November is National Family Caregivers Month

From the U.S. Department of Veterans Affairs

VA honors the service of 5.5 million family members and friends who have dedicated their lives to providing much-needed care for chronically ill, injured, or disabled Veterans

during National Family Caregivers Month and throughout the year.

### #BeCareCurious

This year's theme, encourages caregivers to seek help, get trained, and discover self-care options, so they can continue to provide their Veterans with

exceptional care. Throughout the month, VA challenges you to explore resources available through VA before you need them.

### Emotional Support

You are not alone. Whether you feel over-

See **NFCM** on page 2

## Inside this issue:

Book Spotlight—The Stress Solution	3
A Little Bit Techie—Streaming AcornTV	4
Artful Distractions—CreativeBug Website	5
To Your Health—Chair Yoga	6
Just for Fun—Free Activity Websites	6
Money Wise—Beware Scammers!	7
About this Newsletter & Subscription Info	10
Library Links, Services & Contact Information	10

## For Caregivers: How to Support Aging Family Members During the Holidays

By Latasha Doyle at Care.com

Forty-three percent of seniors report feeling lonely on a regular basis, according to the U.S. Department of Health and Human Services. During the holidays, those numbers may be amplified, thanks to the “holiday blues,” which can cause irritability, fatigue and

sadness, according to the American Psychological Association. Knowing how to care for and support your aging loved ones in small ways can help reduce some of that loneliness and help you connect with them on a deeper level.

Navigating this time of year with your aging loved one can be emo-

tional and stressful for family caregivers. Here are a few tips from professionals that will help you support seniors (without overextending yourself.)

### WHAT TO DO DURING THE HOLIDAYS

**DO:** Include your family members in event

See **Supporting** on page 8

## NFCM (continued from page 1)

whelmed, isolated, or lost, we can help you. A great place to start for help is our Caregiver Support Line—1-855-260-3274. The support line is staffed by trained professionals that will ask how you are doing first and then recommend local resources to address your specific needs. Call today and provide as much information as you are comfortable with.

### Training

The demands of caregiving can be large. To increase your success, break the larger responsibilities into smaller tasks and get trained. We have developed several training courses with various partners, including AARP, Home Alone Alliance, and PsychAr-

mor, [Check out our training options](#) (see box below).

Join us for “Monday Meditations” every Monday at 12p and 7p EST as the Caregiver Support Line hosts 15 minute relaxation exercises. This is a great first step to taking the time that you deserve. To participate, dial 1-800-767-1750 and enter in the access code, 00149 when prompted. Make it a date for each Monday during the month of November at 12p or 7p EST.

### Self-Care

The responsibilities and challenges of caring for a loved one can place significant stress on you as a caregiver. This stress can impact you physically, mentally and emotion-

ally. It can also lead to serious health problems over time. Paying closer attention to your feelings and health with regular self-care can strengthen your caregiving relationship and help you to find moments of restoration, all the while, making you an overall better caregiver. Take this [self-care assessment](#) to learn how stress is affecting you and refer to our other [resources for ideas and activities to manage stress](#).

### Financial

Financial stress can also affect your relationship with your Veteran and interfere with your ability to provide care. [Watch this video series](#) on managing your finances to limit financial stress.



## PsychArmor Institute’s School for Military Veteran Caregivers and Families - (free self-paced courses)

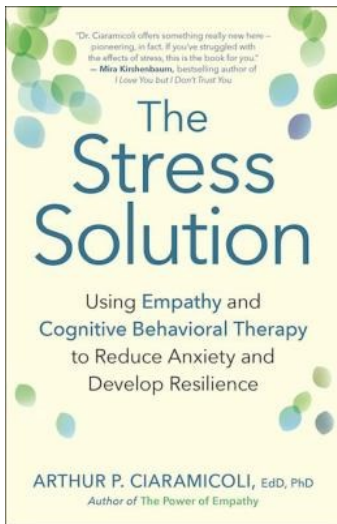
[PsychArmor Institute’s School for Military Veteran Caregivers and Families\\*](#), PsychArmor Institute is a nonprofit that provides FREE education and support to all Americans who work with, live with or care for Servicemembers, Veterans and their families. You can find over a dozen free, on-demand, self-paced, web-based courses by visiting the caregivers and families section of the PsychArmor Web site: <https://psycharmor.org/caregivers/>\* The VA Caregiver Support Line (CSL) has partnered with PsychArmor Institute to develop web-based courses using CSL Telephone Education Groups scripts.

[Coaching a Loved One Into Care\\*](#) - talk to your Veteran about seeking help.

[Choosing Your Words\\*](#) - caregivers learn to effectively communicate their needs to a loved one.

[Good Grief\\*](#) - helps caregivers not only learn to cope with a death of a loved on, but also other losses they may grieve.

[Creating a Space for You\\*](#) - validates the difficulties caregivers have leaving the home and creating their own space.



**Check this book out  
from our Library  
catalog at  
[www.rvl.info](http://www.rvl.info)**

## **Book Spotlight— *The Stress Solution: Using Empathy and Cognitive Behavioral Therapy to Reduce Anxiety and Develop Resilience***

"Contemporary life has come to include 1. working too much, 2. sleeping too little, and 3. feeling disconnected from partners and family (largely because of 1 and 2.) Our health and relationships suffer (as does our work.) As author Ciaramicoli shows, this state of affairs can be changed...His simple and realistic, yet powerful and profound techniques show readers how to use empathy to perceive accurately, use CBT to correct distorted thinking, and trigger our own neurochemistry to produce calm, focused energy. He developed this unique, three-pronged approach over 35 years working with clients struggling with depression, anxiety, and addictions. Over and over

again, he has helped sufferers overcome old hurts and combat performance anxiety, fears, and hypervigilance. Ciaramicoli's is a truly pioneering approach, and one that offers new promise to readers facing a variety of stress-based concerns."

### **About the Author**

**Arthur P. Ciaramicoli, EdD, PhD**, is a licensed clinical psychologist and the chief medical officer of soundmindz.org, a popular mental health platform. He has been on the faculty of Harvard Medical School and chief psychologist of Metrowest Medical Center. The author of several books, including *The Power of Empathy* and *Performance Addiction*, he lives with his family in Massachusetts.

### **From the Contents:**

*Why You Should Care about Stress*

*Expanding Our Humanity: The Discipline of Empathy*

*Empathetic Listening: Loving Away Stress*

*The Soul's Pharmacy: How to Produce Calming Neurochemicals*

*The Illusions We Create: Seeing More Clearly with CBT*

*CBT in Action: Combating the Distortions of Personalization and Blame*

*CBT in Action: Combating Negative Self-Talk and Ending the Cycle of Stress*

*CBT in Action: Combating Performance Addiction*

*Clear Eyes: Perceiving the Truth through Empathy, Not Prejudice*

*Emotional Learning: Hurts That Never Heal*

*Empathy, Self-Care, and Well-Being*

***"In my work as a cognitive behavioral psychologist, I know the power of CBT for managing stress. In my work in the humanitarian sphere, I know the power of empathy. But never before have I seen the two brought together in such a creative and compelling, synergistic approach... Bravo, Dr. Ciaramicoli!"***

**— Chris Stout, PhD,**

**founding director of the Center for Global Initiatives and  
clinical professor at University of Illinois at Chicago College of Medicine, Department of Psychiatry**

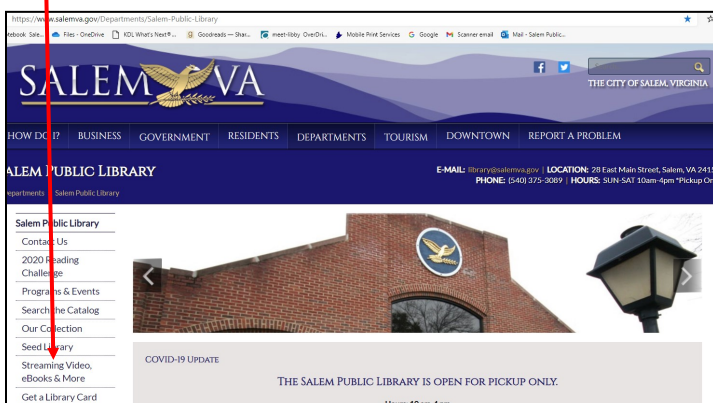
# A Little Bit Techie—Stream Acorn TV & Movies



Acorn TV brings world-class mysteries, dramas, and comedies from Britain and beyond to library patrons through a streaming video service to any Web-connected device.

Here at the Salem Public Library, we are excited to offer our patrons free streaming access to Acorn TV! All you need is a library card and Internet access. It is very convenient and everyone in your household can use the same account to watch different movies or shows over multiple devices!

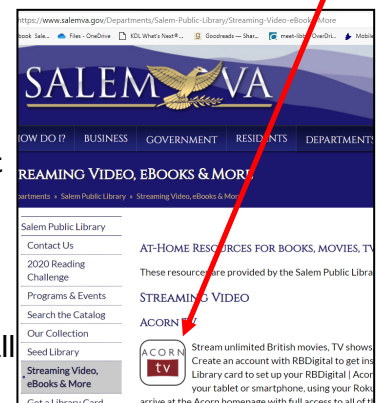
1. Go to the Salem Public Library's home page at [www.salemlibrary.info](http://www.salemlibrary.info) and look for, **Streaming Video, eBooks & More** and left click on the link.



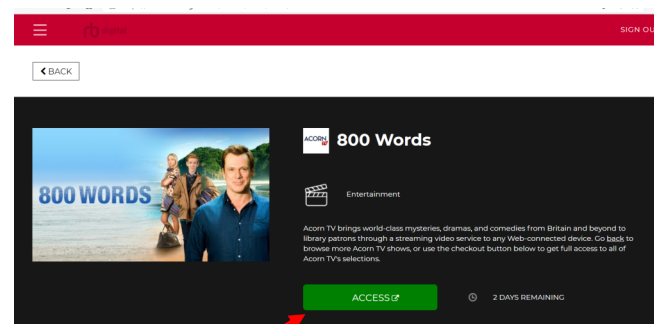
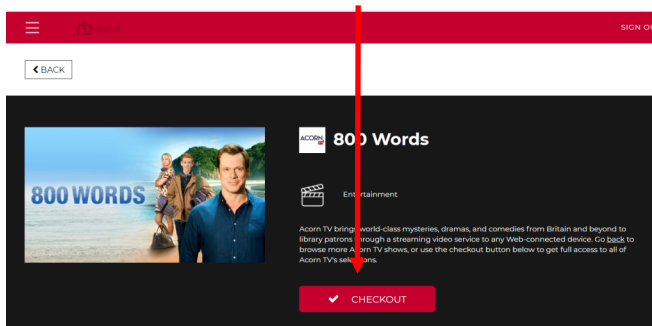
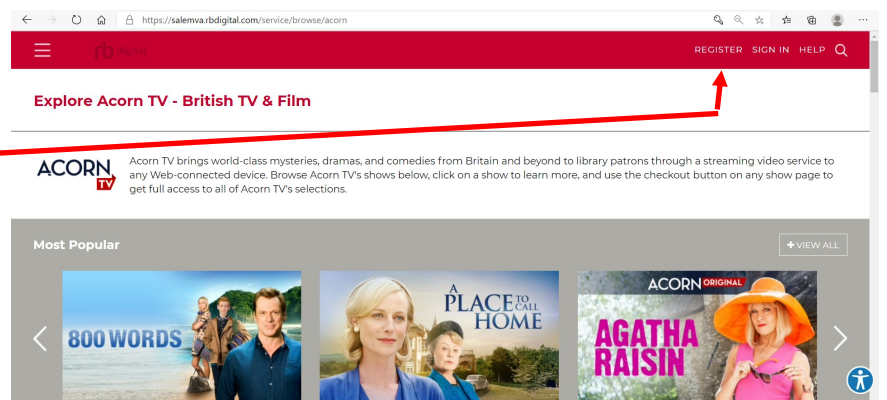
2. Look for the **Acorn TV** icon and click on it.

This will take you to the Acorn TV platform. If you have not registered for this service, do so at this point. If you have registered with RBDigital before, you will need to sign in.

You will need a current library card. If you need a library card, you can sign up at the Salem Public Library. If you need to renew your card, you can call us at (540) 375-3089.

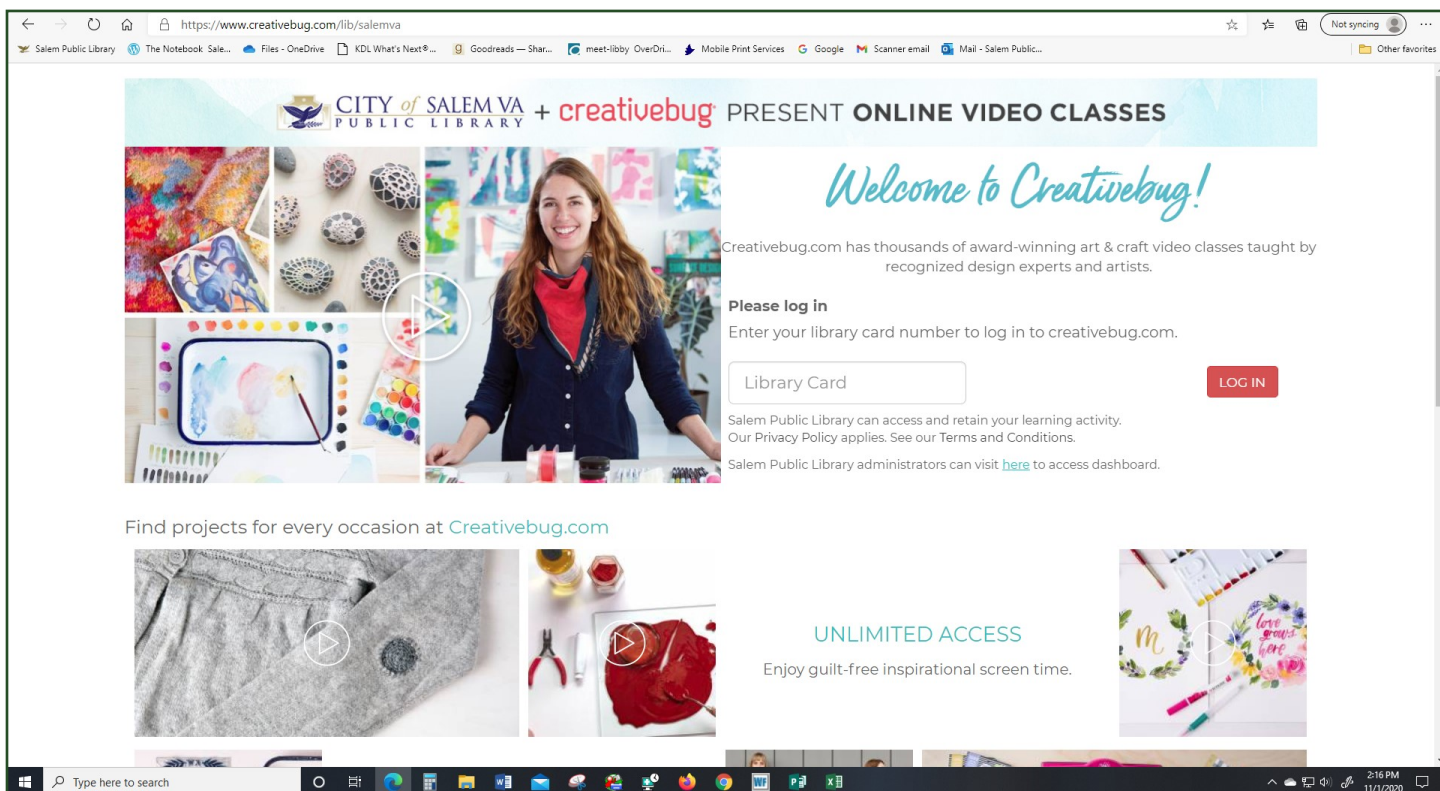


4. When you first sign in you will need to create an Acorn TV account. It will consist of your email and a password. To create an account, left click on **REGISTER**.
5. You can now explore all Acorn TV has to offer! Just scroll through and left click on the show or movie you wish to watch. In this example, we are choosing **800 WORDS**. Left click on the **CHECKOUT** button.



6. You now have unlimited access to all of Acorn TV for 7 days. Left click on **ACCESS** to start watching.
7. If you have any problems, call **RBDigital Customer Support** at 877-772-8346 or use the **Help** section at <https://support.acorn.tv/en/support/home>.





Your Salem Public Library and [creativebug.com](https://www.creativebug.com) present thousands of award-winning art and craft video classes taught by recognized design experts and artists—for FREE!

Go to <https://www.creativebug.com/lib/salemva> and create an account with your library card number (all 13 numbers, no spaces), first name, last name, email, and password.

## FIND PROJECTS FOR EVERY OCCASION

**UNLIMITED ACCESS**—Enjoy guilt-free inspirational screen time.

**PROJECTS YOU'LL LOVE**—Nurture your creative soul by learning new skills.

**DO SOMETHING JUST FOR YOU**—Learn easy ways to practice your craft every day.

### CATEGORIES INCLUDE:

**Daily Practice**  
**Quilting**  
**Food + Home**

**Inspiration**  
**Paper**  
**Jewelry**

**Art + Design**  
**Knitting**  
**Holiday + Party**

**Sewing**  
**Crochet**  
**Kids**

### YOU CAN VIEW/CREATE:

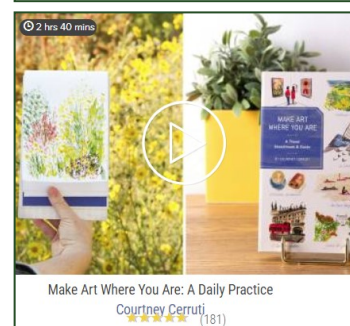
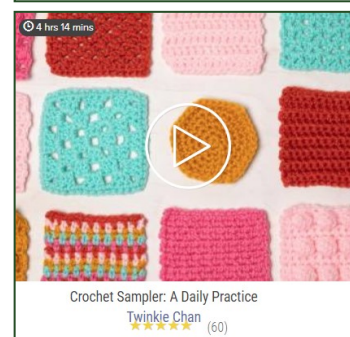
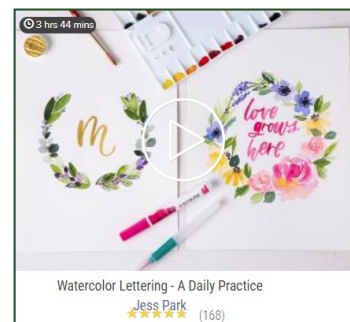
**Recently Watched**—Whenever you come back, you can pick up right where you left off with your most recently watched classes.

**My Watchlist**—Curate your watchlist however you like, this is your place to save classes you want to return to.

**My Gallery**—Add images of your completed projects.

**Community**—Meet the newest members of the Creativebug community! Get inspired by images uploaded by Creativebug members, and share pics of your own finished work.

**CBTV**—Every week we post Live Videos on Facebook and archive them here. Catch up on these fun demos, interviews, and excursions any time you like.



## Chair Yoga Classes at the Salem Senior Center

Chair yoga is modified yoga poses that can be done while seated in a chair. These modifications make yoga accessible to people who lack the mobility to move easily from seated to floor positions. Excellent for seniors who are not mobile or adults who have had knee or hip replacements or other health issues and cannot make the transition to the floor.

**WHEN:** Tuesdays, 4:15pm - 5:00pm

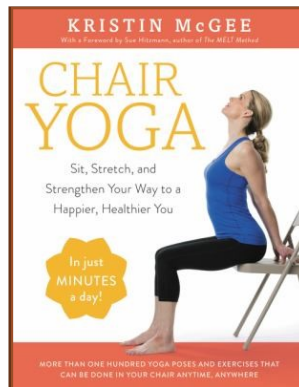
**WHERE:** Salem Senior Center, 110 Union Street

**COST :** \$20 per 6 week session

**INSTRUCTOR:** Ninette Crunkleton

NOTE: Classes are filling up. The Salem Senior Center is currently allowing 20 people ONLY to take each class while social distancing comfortably. CALL 375-3054 EACH MONDAY TO SIGN UP FOR THAT WEEK. They will be taking roll at the door as you come in.

The Salem Senior Center also offers a Fitness Class, 8:45am - 9:45am, Mondays, Tuesdays, Fridays (must sign up),



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[www.rvl.info](http://www.rvl.info)



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WILL BE  
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CHECKOUT  
THROUGH  
[www.rvl.info](http://www.rvl.info)

## Just for Fun—Free Activity Websites

PLEASE NOTE: Whenever you are online, do not click on any ads. Ads will often download viruses or other unwanted software onto your mobile device or computer—without your knowledge or permission.

Be aware, too, that it is not always easy to spot ads—look closely.

[Etsy Adult Puzzles - Support Independent Sellers - etsy.com](https://www.etsy.com/adult-puzzles)

<https://www.etsy.com/adult-puzzles> ▼ Etsy

Ad Shop Adult Puzzles To Create Joy At Home. Make Every Day Feel Special.  
You have visited etsy.com 6 times in last 90 days.

Free Printable Large Print Crossword Puzzles for Seniors

[http://www.qets.com/crossword\\_puzzles.htm](http://www.qets.com/crossword_puzzles.htm)

Free Printable Large Print Word Search Puzzles

<https://www.puzzles.ca/large-print-word-search/>

Free Printable Large Print Word Search Puzzles

<https://www.superwordsearchpuzzles.com/>

Free Printable Large Print Sudoku Puzzles

<http://www.large-print-puzzles.com/largeprint-sudoku.php>

Jigsaw Planet (for jigsaw puzzles that you solve online)

<https://www.jigsawplanet.com/>



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## Imposter Scams: Say No, Keep Your Dough

Imposter scams often begin with a call, text message, or email. The scams may vary, but work the same way – a scammer pretends to be someone you trust, often a government agent, family member, or someone who promises to fix your computer – to convince you to send them money or share personal information.

Scammers may ask you to wire money, put money on a gift card, or send cryptocurrency, knowing these types of payments can be hard to reverse.

According to the Federal Trade Commission, Americans lost more than \$667 million to imposter scams in 2019.

**Learn to spot these scams and say no.**



### Recognize the Scam

You get a call, email or text message from someone claiming to be:

- A **FAMILY MEMBER** (or someone acting for them), saying your relative is sick, has been arrested or is in serious trouble and needs money right away.
- A **COURT OFFICIAL**, indicating that you failed to appear for jury duty and need to pay a fine or you will be arrested.
- The **POLICE**, saying you'll be arrested, fined or deported if you don't pay taxes or some other debt right away.
- From **SOCIAL SECURITY**, claiming that COVID-19-related office closures mean your benefits have been suspended.
- From the **IRS**, saying you owe back taxes, there's a problem with your return or they need to verify information.
- From your **BANK**, claiming they need to verify personal information before they can send you a new card.

### Protect Yourself

**Be Suspicious** of any call from a government agency asking for money or information. Government agencies don't do that; scammers do.

**Don't Trust Caller ID.** Even if it might look like a real call, it can be faked.

**Never Pay with a Gift Card,** wire transfer or cryptocurrency. If someone tells you to pay this way, it's a scam.

**Check with the Real Agency, Person or Company.** Don't use the phone number they give you. Look it up yourself. Then call to find out if they're trying to reach you—and why.

## Report and Share

Tell your bank and be sure to share these tips with friends and family.

Learn more at [ftc.gov/scamalerts](https://ftc.gov/scamalerts) and [aba.com/consumers](https://aba.com/consumers).



FEDERAL TRADE  
COMMISSION

ABA  
FOUNDATION.



## Supporting Family Members (from page 1)

### and/or meal planning

The holidays are chock-full of celebrations and family meals. Include your aging loved one in planning, from choosing the courses to picking out linens, or ask them to help you cook if they are able. According to Misty Taylor, MSN, RN and senior vice president of Clinical Operations and Quality at BrightStar Care, this makes seniors feel needed and gets them excited about the upcoming event or meal with family.



### DO: Make some of their favorite meals or treats

Maybe your parent or loved one grew up eating rhubarb pie on Christmas Eve, or they have a special family latke recipe. Whatever it is, make sure to include their favorite food or dessert in any meals or holiday celebrations. This makes them feel special and shows you care.

“Making their favorite foods or treats can also be really powerful if a senior has memory challenges,” says Alicia Allen, RN in Broomfield, Colorado. “It brings them back to something they likely remember and love.”

### DO: Get ‘gussied up’

In preparation for events... Paint

their nails, get their hair done, do their makeup, trim their ear hair or pull out their favorite fancy attire. Especially if your loved one lives in a senior care facility or doesn’t get out much, this can be a refreshing change of pace and boost to their confidence. Just remember they may not make it a full day, and they’ll definitely need to rest afterward.

### DO: Look at family photo albums

Rebecca Axline, a licensed social worker from Houston, recommends caregivers spend time looking at photo albums of holidays past. You and your loved one can reflect upon memories and share a safe space to remember happy thoughts. And if there are pictures that bring up tears or grief, that’s OK, too.



“Many people try to avoid sad memories, thinking they will upset their loved one,” says Axline. “But, in fact, it can [be] a healthy way to release normal feelings.”

### DO: Guide a ‘life review’

Allen, who has worked in geriatric care facilities for over two decades, also recommends doing a “life review” during the holidays. This is a nursing assessment used to help sen-

iors look back on their life and find meaning and peace, but it doesn’t have to be clinical, Allen says.

You can do a life review by asking your loved one questions like, “What are some of the most satisfying things in your life?” or “What is your favorite piece of music?” Allen says this also works for seniors with memory challenges, as the questions are less about specific events or people and more about what they think and feel.



### DO: Revive old family traditions

Lisa Mayfield, president of the Aging Life Care Association Board of Directors in Seattle, believes holiday traditions are a great way to honor the past in a joyful way. Maybe your loved one’s family always sang Christmas carols or drove around to see holiday lights. Maybe they watched a particular movie on Christmas Eve. Think of things you remember doing with your loved one while you were growing up or that you know of their own childhood traditions. You’ll want to ask them if they’d like to engage in those activities before doing them, but the

See **Supporting** on page 9



## Supporting Family Members (from page 8)

odds are high that your loved one will be excited to relive those happy moments.

### **DO: Keep your loved one involved**

Even if you're worried that your parent or family member can't contribute to holiday festivities due to physical or memory challenges, Taylor says they can still be involved.

"Include them in the spirit of the season," she says. "Engage with them, let them participate, let them observe the family's festivities. Let them hear the laughs and be included in whatever way they are capable."



### **DO: Enjoy the moment**

Mayfield encourages family caregivers to strive to be present with their loved one.

"Despite health or memory changes, your family member can still enjoy the moment," she says. "Don't let your anxiety take away from your time together and the opportunity to step

out of the regular pace of life."

While you may worry about your loved one's age, declining health or memory loss, this is the perfect time to just enjoy what is, right now.

### **WHAT NOT TO DO DURING THE HOLIDAYS**

You want your parent or family member to have a holiday that is full of connection and love. Many of the professionals and caregivers we talked to urge family caregivers to just make sure proposed activities are in line with what your loved one wants. In that spirit, here are a few things that family caregivers can avoid to make their loved one's holidays more joyful and less stressful.

#### **DON'T: Make decisions for them**

"Your elders may not want to come to your house for a holiday meal or a family gathering," says Suzanne Asaff Blankenship, author of "How to Take Care of Old People Without Losing Your Marbles." "They may not want to ride around looking at lights. They may not want to go shopping for presents. That's OK."

Instead of directing their days or having specific expectations of your loved one, Blankenship recommends you "take the holiday at their pace." As a bonus, it allows you to relieve any pressure that you may have put on yourself.

#### **DON'T: Expect only happy emotions**

The holidays can be an emotional time for seniors. Richard Ueberfluss, owner of Assisting Hands, a home care agency in Naperville, Illinois, points out the widowhood, loss of close friends, separation from family, ill health and memory challenges can lead to feelings of sadness for aging loved ones.

Taylor reminds caregivers that it's OK for loved ones to be sad, to grieve or to need space during the holidays. She adds that you can "let elders talk about loved ones they are grieving as a way of remembering. Don't be dismissive of this." Together, you can celebrate the positive aspects of their memories and connections.

#### **DON'T: Quiz them or expect them to remember everything**

"If your loved one has cognitive or memory changes, avoid quizzing them on specific dates, people's names or events," Axline says.

This can cause a lot of anger and sadness in your loved one, especially if other members of the family are around. Don't ask if they remember someone you're introducing them to or what they remember about a specific event or date. Instead, "use music, smells or touch to create a more relaxed and positive environment," Axline says.

#### **DON'T: Force Things**

Abigale Johnson, a licensed social worker who practices in New York



### Salem Public Library

28 E Main Street  
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email:

[library@salemva.gov](mailto:library@salemva.gov)

[Roanoke Valley Libraries  
Online Library Catalog  
\[www.rvl.info\]\(http://www.rvl.info\)](#)

[Roanoke Valley Libraries  
e-Books & e-Audiobooks  
\[rvl.overdrive.com\]\(http://rvl.overdrive.com\)](#)

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DEPARTMENTS/SALEM  
-PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)



Scan this QR code  
to see our calendar  
of events

**ABOUT THIS NEWSLETTER:** This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

**SUBSCRIPTION INFORMATION:** If you would like to subscribe to our newsletter, please let us know by either calling the library between 10:00 a.m. and 4:00 p.m. each day OR emailing us at [library@salemva.gov](mailto:library@salemva.gov). Please specify how you would like to receive your free subscription along with your contact information. Print copies will also be available in our lobby between 10:00 a.m. and 4:00 p.m. each day and we will post a link on our website to view this newsletter online.

### LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

**CONTACT FREE PICK-UP** is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

**LEAVE IT TO A LIBRARIAN For Adult Fiction:** *The library is closed and you don't want to spend hours browsing the online catalog?* Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

**2020 READING CHALLENGE:** Earn prizes for reading! Open to all ages. Call us, email us, or click the link on our website home page for more information.

**SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM**—Click on the icons near the bottom of our [website home page](#).

## Supporting Family Members (continued from page 9)

and New Jersey, asks that family caregivers aim to be patient.

"The holidays can be a very difficult time of year for our older loved ones, especially if they have lost their partner or other family members," she says. "Some of our aging loved ones may appear more irritable, depressed, apathetic, fatigued or isolated. It's important to be patient, meet them where they are at, which means not forcing them into large family gatherings or busy holiday plans if they are not interested."

Mayfield adds, "Adjust your expectations, and try to let go of how things used to be.

Although easier said than done, look for ways to appreciate who your loved one is now and create moments of gratitude."

### STOP AND ENJOY THE HOLIDAY MAGIC, WHATEVER IT LOOKS LIKE

There's no denying that celebrating holidays with an aging loved one can be emotional and maybe even stressful. Hopefully, however, these expert insights and tips help you navigate this time of year with a little more grace and joy. The key is to provide a safe and loving space for your aging loved one to enjoy

themselves in their own way.

It's also a time to reconnect and enjoy each other's presence, so make sure you aren't putting too much pressure on yourself or them. Tracey Lawrence, author of the book "Dementia Sucks," says it best: "While the holidays can be a very tough time, they can also be magical. It all depends on how you view them."

Excerpted from <https://www.care.com/c/stories/5707/getting-help-with-the-holiday-blues/>